

## Proverbs 25:28, “He that hath no rule over his own spirit is like a city that is broken down, and without walls.”



To remember the chapter reference, think about a city with almost all the walls broken down and becoming easy prey for the enemy. If only a quarter of the walls are left remaining, that's 25%. With only 25% of your walls standing, you are like a city without walls.

To remember the verse reference, think about how we must be in control of our own spirits. We have to tell our two hands or our two feet, 'No'! If we don't, we become fat and lazy and out of control. A lazy Christian is represented by the number '8'. And a lazy Christian is easy prey.

Every Christian must face the daily battle of controlling ourselves. Controlling our own spirit is easier said than done.

Romans 7:14-25 paints a vivid picture of the daily battle and the anguish this battle lays upon our hearts.

“For we know that the law is spiritual: but I am carnal, sold under sin. For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. If then I do that which I would not, I consent unto the law that it is good. Now then it is no more I that do it, but sin that dwelleth in me. For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do. Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.”

Satan will play upon our frustration with controlling our flesh. You will hear words tempting you to just stop fighting and accept who you are. The world projects many phrases such as “live in the moment”, “I was born this way”, “learn to love yourself”. Doctors simply give it a name and society uses this medical term to justify the behavior. Satan's hope is that if we accept or justify the behavior, then we will never change the behavior.

Praise God that through His Word and help from His Holy Spirit we can rebuild our walls and control our flesh! It is daily work, but it is possible and most rewarding.